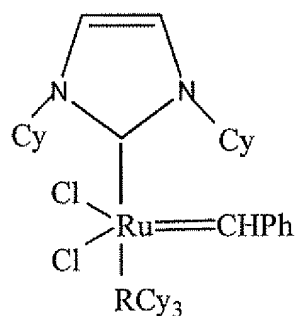
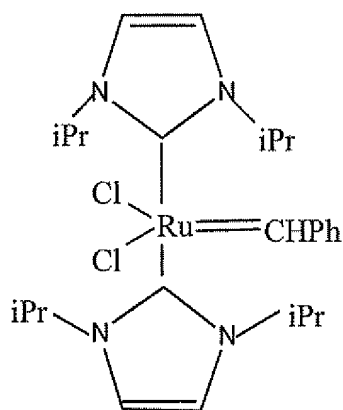


ROMP of 1,5-cyclooctadiene. NMR comparison of a ruthenium-dicarbene complex with a ruthenium-carbene-phosphine complex. ( $T = 25^{\circ}\text{C}$ ; 1.70  $\mu\text{mol}$  of catalyst in 0.55 ml of  $\text{CD}_2\text{Cl}_2$ ; [1,5-cyclooctadiene] / [catalyst] = 250:1).

Compound A



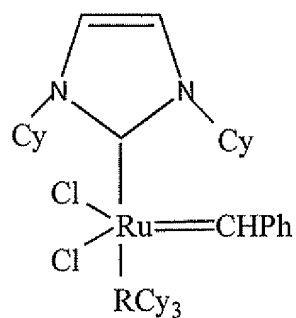
Compound B



The same applies to ROMP of cyclooctene:

ROMP of cyclooctadiene. NMR Kinetics of a ruthenium-dicarbene complex compared to a ruthenium-carbene-phosphine complex. ( $T = 25^{\circ}\text{C}$ ; 2.50  $\mu\text{mol}$  of catalyst in 0.50 ml of  $\text{CD}_2\text{Cl}_2$ ; [cyclooctadiene] / [catalyst] = 250:1.

Compound A



Compound B

